

# Sheffield Police Department

## Physical Ability Assessment Standards

### **Vertical Jump Test**

This is a measure of jumping or explosive power. It is important for pursuit tasks that require jumping and vaulting.

#### Procedures:

1. Subject stands with one side toward the wall and reaches up as high as possible to mark his/her standard reach on a measuring device.
2. Subject jumps as high as possible and marks the spot on the wall above his/her standard reach mark. Prior to jump, one foot must remain stationary on floor.
3. Score is difference between the standard reach and top of the jump mark, to the nearest half inch.
4. The best of three trials is the score.

### **Sit Ups**

#### Procedures:

1. Subject to lie on floor with knees fully bent while partner holds feet (partner cannot kneel on feet.)
2. Subject to have fingers interlocked behind head.
3. Subject to complete as many full sit ups in one minutes time.
4. Subject may only rest in the upwards position
5. The score is the number of correct sit ups completed.

### **Push Ups**

#### Procedures:

1. Subject to start in the up position, hands placed slightly wider than shoulders width apart.
2. Subject fingers should be pointing forward and back should be straight.
3. Subject bends elbows lowering body towards the floor.

4. Subject when lowering body should touch measuring block (approximately four inches from the floor.)
5. Subject returns to the upright position.
6. The score is the number of correct full body pushups performed in one minute's time.

### **1.5 mile Run**

Procedure:

1. Subject will be required to run, walk or jog one and a half miles.
2. The score will be based on the subjects time and age bracket.

### **300 Meter Run Test**

Procedure:

1. All participants will have a ten minute warm up and stretching period.
2. Subject will at the start of a whistle run  $\frac{3}{4}$  of a lap around a quarter mile track at maximum level of effort.
3. Score will be based on the subjects time and age bracket.
4. All participants will walk for 3 to five minutes immediately following the test to cool down.

### **Other Information**

1. All participants' scores will be based on the Cooper Standards for age and gender.
2. Any participant unable to complete any of the test due to injury or sickness will be deemed unfit to continue and will be dismissed from further testing.
3. All participants will be weighed and given a basic medical exam by a certified Emergency Medical Technician.
4. All participants will complete a waiver form prior to admittance to the test.
5. All participants must have a photo I.D to be admitted to the test.
6. **All participants looking to move forward in the hiring process must place in the good to superior range of the Cooper Standards for age and gender.**

### New Cooper Age and Gender Base Standards for Law Enforcement

*Vertical Jump (Measured in Inches) Males					%	Category
20 - 29	30 - 39	40 - 49	50 - 59	**59+		
30.3	28.4	25.1	22		99	Superior
26.5	25	22	21		95	
25	24	20.3	19.5		90	Excellent
25	23	19.5	18		85	
24	22	19	17		80	
23	21	18	16.5		75	Good
22.5	21	18	16		70	
22	20	17	15.5		65	
21.5	20	17	15		60	
21	20	16.5	14.5		55	Fair
20.5	19.5	16	14		50	
20	19	16	14		45	
20	18.6	15.5	13.5		40	
19	18.5	15	13.5		35	Poor
18	18	14.5	13		30	
18	17	14	12.2		25	
17.5	16.5	14	11.9		20	
17	16	13	11		15	Very Poor
16	15.5	12.1	10		10	
13.6	14.5	11	9.3		5	
10.3	12.1	6.9	6.5		1	

\*These norms are based on a small sample of police officers (n=500) and should be used cautiously.

\*\*No data gathered.

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 6, 2007)

### New Cooper Age and Gender Base Standards for Law Enforcement

*Vertical Jump (Measured in Inches) <b>Females</b>					%	Category
20 - 29	30 - 39	40 - 49	**50 - 59	**59+		
19	18	13.5			99	Superior
18.8	16.9	13.5			95	
18.1	16	13.3			90	Excellent
18	15.5	13			85	
17.7	15	13			80	
17	15	12.7			75	Good
16.3	14.9	12.3			70	
16	14.3	11.6			65	
15.9	13.2	11.5			60	
15.5	13	11.1			55	Fair
15.2	12.5	10			50	
14.3	12.4	10			45	
14	12	9.6			40	
13.9	12	9			35	Poor
13.5	11.1	9			30	
13	11	8.5			25	
12.6	11	7.8			20	
12	10.9	7.1			15	Very Poor
12	10.2	7			10	
11.4	9.1	7			5	
11	6	7			1	

\*These norms are based on a small sample of police officers (n=500) and should be used cautiously.

\*\*No data gathered.

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 6, 2007)

## New Cooper Age and Gender Base Standards for Law Enforcement

Dynamic Strength (One Minute Sit Ups) <b>Males</b>						%	Category
-20	20 - 29	30 - 39	40 - 49	50 - 59	60+		
62+	55+	51+	47+	43+	39+	99	Superior
62	55	51	47	43	39	95	
55	52	48	43	39	35	90	Excellent
53	49	45	40	36	31	85	
51	47	43	39	35	30	80	
50	46	42	37	33	28	75	Good
48	45	41	36	31	26	70	
48	44	40	35	30	24	65	
47	42	39	34	28	22	60	
46	41	37	32	27	21	55	Fair
45	40	36	31	26	20	50	
42	39	36	30	25	19	45	
41	38	35	29	24	19	40	
39	37	33	28	22	18	35	Poor
38	35	32	27	21	17	30	
37	35	31	26	20	16	25	
36	33	30	24	19	15	20	
34	32	28	22	17	13	15	Very Poor
33	30	26	22	15	10	10	
27	27	23	17	12	7	5	
-27	-27	-23	-17	-12	-7	1	
46	312	1,431	1,558	919	205	n= Total # of individuals tested for validation	

Total n = 4,471

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 7, 2007)



### New Cooper Age and Gender Base Standards for Law Enforcement

Dynamic Strength (One Minute Sit Ups) Females						%	Category
-20	20 - 29	30 - 39	40 - 49	50 - 59	60+		
55+	51+	42+	38+	30+	28+	99	Superior
55	51	42	38	30	28	95	
54	49	40	34	29	26	90	Excellent
49	45	38	32	25	20	85	
46	44	35	29	24	17	80	
40	42	33	28	22	15	75	Good
38	41	32	27	22	12	70	
37	39	30	25	21	12	65	
36	38	29	24	20	11	60	
35	37	28	23	19	10	55	Fair
34	35	27	22	17	8	50	
34	34	26	21	16	8	45	
32	32	25	20	14	6	40	
30	31	24	19	12	5	35	Poor
29	30	22	17	12	4	30	
29	28	21	16	11	4	25	
28	24	20	14	10	3	20	
27	23	18	13	7	2	15	Very Poor
25	21	15	10	6	1	10	
25	18	11	7	5	0	5	
-25	-18	-11	-7	-5	0	1	
15	144	289	249	137	26	n= Total # of individuals tested for validation.	

Total n = 860

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 7, 2007)

## New Cooper Age and Gender Base Standards for Law Enforcement

*300 Meter Run (Measured in Seconds) <b>Males</b>					%	Category
20 - 29	30 - 39	40 - 49	50 - 59	**59+		
42.6	42	47	52		99	Superior
46	46.1	52	58		95	
48	49	55	61		90	Excellent
49	50	56	63		85	
50.3	51	57	66.4		80	
51	52	60	68		75	Good
52	53	61	70		70	
53.5	54	62	72		65	
54	55	64	74		60	
55	56	66	77.4		55	Fair
56	57	67.6	80		50	
57.5	58	70	82.6		45	
59	58.9	72	83.2		40	
60	61	74.8	85		35	Poor
62.1	63	77	87		30	
64	65	81	89		25	
66	68	83	95		20	
69	70	86	99		15	Very Poor
73.4	74.9	90	101.6		10	
81.3	80.9	104	112		5	
95.1	113.9	143	184		1	

\*These norms are based on a small sample of police officers (n=500) and should be used cautiously.

\*\*No data gathered.

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 6, 2007)

### New Cooper Age and Gender Base Standards for Law Enforcement

*300 Meter Run (Measured in Seconds) Females					%	Category
20 - 29	30 - 39	40 - 49	**50 - 59	**59+		
54	55	65			99	Superior
54.3	56.5	65			95	
56	60	66			90	Excellent
58	63.5	68.2			85	
58.3	66	72			80	
59.7	66.5	72			75	Good
60	68	75.3			70	
61	69.9	78.7			65	
61	71	79			60	
62.7	72	80.5			55	Fair
64	74	86			50	
68.5	75.5	91.7			45	
71	79	94			40	
74.5	80.5	101.8			35	Poor
75	82	106.7			30	
76	85.5	109.3			25	
78	86	110			20	
88	93.5	116			15	Very Poor
97	100	121.5			10	
106.7	114	125			5	
120	210	125			1	

\*These norms are based on a small sample of police officers (n=500) and should be used cautiously.

\*\*No data gathered.

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 6, 2007)



### New Cooper Age and Gender Base Standards for Law Enforcement

Dynamic Strength (One Minute Push Ups) <b>Male</b>					%	Category
20 - 29	30 - 39	40 - 49	50 - 59	60+		
100	86	64	51	39	99	Superior
62	52	40	39	28	95	
57	46	36	30	26	90	Excellent
51	41	34	28	24	85	
47	39	30	25	23	80	
44	36	29	24	22	75	Good
41	34	26	21	21	70	
39	31	25	20	20	65	
37	30	24	19	18	60	
35	29	22	17	16	55	Fair
33	27	21	15	15	50	
31	25	19	14	12	45	
29	24	18	13	10	40	
27	21	16	11	9	35	Poor
26	20	15	10	8	30	
24	19	13	9.5	7	25	
22	17	11	9	6	20	
19	15	10	7	5	15	Very Poor
18	13	9	6	4	10	
13	9	5	3	2	5	
1,045	790	364	172	26	n= Total # of individuals tested for validation	

Total n = 2,397

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 7, 2007)

## New Cooper Age and Gender Base Standards for Law Enforcement

Dynamic Strength (One Minute Push Ups) <b>Female</b>					%	Category
*20 - 29	*30 - 39	*40 - 49	**50 - 59	**60+		
53	48	23			99	Superior
42	39.5	20			95	
37	33	18			90	Excellent
33	26	17			85	
28	23	15			80	
27	19	15			75	Good
24	18	14			70	
23	16	13			65	
21	15	13			60	
19	14	11			55	Fair
18	14	11			50	
17	13	10			45	
15	11	9			40	
14	10	8			35	Poor
13	9	7			30	
11	9	7			25	
10	8	6			20	
9	6.5	5			15	Very Poor
8	6	4			10	
6	4	1			5	
3	1	0			1	

\*Full body push ups are generally used by law enforcement and public safety organizations. These norms are based on >1000 female U.S. Army soldiers who were tested in the 1990's by the U.S.Army.

\*\*No data gathered.

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 7, 2007)

## New Cooper Age and Gender Base Standards for Law Enforcement

Cardiorespiratory Fitness Test (1.5 Mile Run) <b>Male</b>						%	Category
20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79		
8:22	8:49	9:02	9:31	10:09	10:27	99	Superior
9:10	9:31	9:47	10:27	11:20	12:25	95	
9:34	9:52	10:09	11:09	12:10	13:25	90	Excellent
9:52	10:14	10:44	11:45	12:53	13:57	85	
10:08	10:38	11:09	12:08	13:25	14:52	80	
10:34	10:59	11:32	12:37	13:58	15:38	75	Good
10:49	11:09	11:52	12:53	14:33	16:22	70	
11:09	11:34	11:58	13:25	14:55	16:46	65	
11:27	11:49	12:25	13:53	15:20	17:37	60	
11:34	11:58	12:53	13:58	15:53	18:05	55	Fair
11:58	12:25	13:05	14:33	16:19	18:39	50	
12:11	12:44	13:25	14:35	16:46	19:19	45	
12:29	12:53	13:50	15:14	17:19	19:43	40	
12:53	13:25	14:10	15:53	17:49	20:28	35	Poor
13:08	13:48	14:33	16:16	18:39	21:28	30	
13:25	14:10	15:00	16:46	19:10	22:22	25	
13:58	14:33	15:32	17:30	20:13	23:55	20	
14:33	15:14	16:09	18:22	21:34	25:49:00	15	Very Poor
15:14	15:56	17:04	19:24	23:27	27:55:00	10	
16:46	17:30	18:39	21:40	25:58:00	30:34:00	5	
20:55	20:55	22:22	27:08:00	31:59:00	33:30:00	1	
2,606	13,158	16,534	9,102	2,682	467	n= Total # of individuals tested for validation.	

Total n = 44,549

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 7, 2007)

## New Cooper Age and Gender Base Standards for Law Enforcement

### Cardiorespiratory Fitness Test (1.5 Mile Run) **Female**

Cardiorespiratory Fitness Test (1.5 Mile Run) <b>Female</b>						%	Category
20 - 29	30 - 39	40 - 49	50 - 59	60 - 69	70 - 79		
9:23	9:52	10:09	11:34	12:25	12:25	99	Superior
10:20	11:08	11:35	13:16	14:28	14:33	95	
10:59	11:43	12:25	13:58	15:32	16:06	90	Excellent
11:34	12:23	13:14	14:33	16:22	16:57	85	
11:56	12:53	13:38	15:14	16:46	18:05	80	
12:07	13:08	13:58	15:47	17:34	18:39	75	Good
12:51	13:41	14:33	16:26	18:05	19:24	70	
13:01	13:58	15:03	16:46	18:39	20:02	65	
13:25	14:33	15:17	17:19	18:52	20:54	60	
13:58	14:33	15:56	17:38	19:29	21:45	55	Fair
14:15	15:14	16:13	18:05	20:08	22:22	50	
14:33	15:35	16:46	18:39	20:38	22:54	45	
15:05	15:56	17:11	19:10	20:55	23:47	40	
15:32	16:43	17:38	19:43	22:03	24:54:00	35	Poor
15:56	16:46	18:26	20:17	22:34	25:49:00	30	
16:43	17:38	18:39	20:55	23:20	26:15:00	25	
17:11	18:18	19:43	21:57	23:55	27:17:00	20	
17:53	19:01	20:49	22:53	25:02:00	27:55:00	15	Very Poor
18:39	20:13	21:52	23:55	26:32:00	30:34:00	10	
21:05	21:57	23:27	26:15:00	29:06:00	33:32:00	5	
25:17:00	25:10:00	27:55:00	30:34:00	33:05:00	37:26:00	1	
1,350	4,394	4,834	3,103	1,088	209	n= Total # of individuals tested for validation	

Total n = 14,978

Resources: The Cooper Institute of Dallas, Texas

Form generated by: Sgt. Sheldon Riches (August 7, 2007)